

# CHOP CHOP

THE FUN COOKING MAGAZINE FOR FAMILIES  
FALL 2011

## OUR VISIT TO THE WHITE HOUSE

RECIPES, TIPS, PHOTOS AND FUN  
FROM THE FIRST FAMILY'S KITCHEN!



WHY  
WE'RE  
NUTS  
ABOUT  
NUTS

HAKUNA  
FRITTATA  
(That's Easy Eggs)

# THINK OUTSIDE THE LUNCHBOX!

A Dozen Back-to-School Recipes



## OUR MISSION

ChopChop's mission is to educate kids to cook and be nutritionally literate, empower them to actively participate as health partners with their families, and help establish and support better eating habits for a lifetime of good nutrition. ChopChop is published by ChopChop Kids, a nonprofit corporation.

## OUR PHILOSOPHY

We believe in the simple values of cooking together as family and sharing healthy meals. We believe Americans would be healthier (and happier) if we all spent more together-time in the kitchen and around the dinner table. We don't do calorie counts or post nutrition content, but everything in this publication is reviewed and approved by our medical and nutrition advisors. We don't demonize any individual foods, and we believe that consuming healthy, wholesome meals is a vital step toward a resolution of America's obesity epidemic.

## CONTACT US

For more information, please visit [www.chopchopmag.org](http://www.chopchopmag.org). For questions, comments or discounted pricing on bulk orders, write to [info@chopchopmag.org](mailto:info@chopchopmag.org)

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P.O. Box 43  
Watertown, MA 02471  
617.924.3993  
[info@chopchopmag.org](mailto:info@chopchopmag.org)

All photographs by **Carl Tremblay** except where noted

Food styling by **Catrine Kelty**  
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[jennydebell@muckaboutworkgear.com](mailto:jennydebell@muckaboutworkgear.com)

**SALLY SAMPSON** Founder/President  
**ANDRZEJ JANERKA** Creative Director  
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**CATHERINE NEWMAN** Editor  
**KERRY MICHAELS** Gardening Editor  
**CARL TREMBLAY** Photographer  
**EVIE TALBOT** Copy Editor

**ALL RECIPES BY SALLY SAMPSON**  
(Unless credited otherwise)

Contributors:  
**MAYA PIERCE, ADAM RIED**  
Interns:  
**ALI ROBYN KITENPLON, HANA NOBEL, ISABEL SMITH**

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## LEARN THE KEY!

At the top of each recipe, you'll find a key code. Here's how to read it:

• **ADULT: YES** • **HANDS-ON TIME: 45 MINUTES** • **TOTAL TIME: 55 MINUTES** • **MAKES: 6**

### ADULT

"Yes" means you need an adult to help you with this recipe. "No" means you can do it by yourself. Always get help from your adult when a recipe calls for using a knife, food processor, blender or stove.

### HANDS-ON TIME

This is how long it takes to work on the recipe, including gathering your kitchen gear and preparing the food. During hands-on time, you can't do anything other than work on the recipe.

### TOTAL TIME

This is how long it takes to make the recipe from start to finish, including the time for cooking and baking when you may be able to do something else—like clean up! In recipes that do not involve cooking, this may be the same as **HANDS-ON TIME**.

### MAKES

This number will usually tell you how many people the recipe serves. But sometimes we'll tell you how much the recipe makes.

# My Plate, our Plate

There's a new way to understand healthy eating. The USDA's MyPlate illustrates how much of each food group you should eat at a meal. Keep this picture in mind when you're serving yourself food, so you end up with a balanced meal.

GRAINS ●  
PROTEIN ●  
VEGETABLES ●  
FRUITS ●  
DAIRY ●

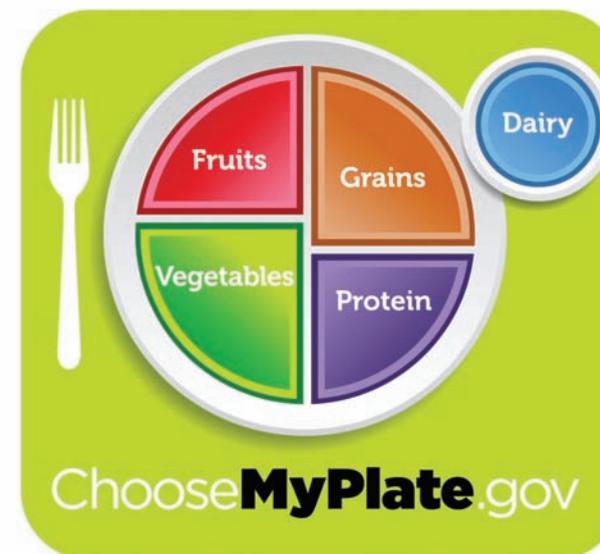
To help you figure out how what you are cooking would fit on MyPlate, we will list the food groups, and show which ones the recipe covers, at the top of the page. If you look at the ingredients, they will also be the color of the food group they belong to. Sometimes it's a bit tricky: if there's just a little lemon juice, for example, you'll know that it's a fruit, but we won't mark it, because there's not enough of it to count.

### FRUITS ●

Oranges  
Grapefruit  
Apples  
Grapes  
Berries  
Bananas  
Melons  
Tomatoes!

### VEGETABLES ●

Lettuce  
Broccoli  
Kale  
Carrots  
Green Beans  
Peas  
Plantains  
Squash



### GRAINS ●

(half should be whole grains):  
Pasta  
Rice  
Breads  
Tortillas  
Cereals  
Oatmeal  
Bulgar  
Cornmeal

### DAIRY ●

Milk  
Cheese  
Yogurt

### PROTEIN ●

Eggs  
Nuts  
Seeds  
Beans  
Tofu  
Meat  
Fish

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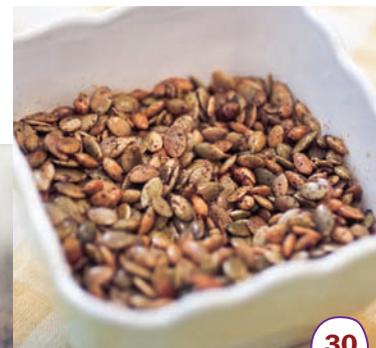


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## ADVENTURES IN THE KITCHEN

### Dear Parents,

There have always been children in the White House but no family has been as intriguing or as approachable as the Obama family. The President regularly weaves tales of daughters Sasha and Malia into his talks and speaks often of the pleasures and pains of fatherhood. Mrs. Obama announced early on that her number one job was to be a mom. "Our girls," she wrote in *US News and World Report*, "are the center of Barack's and my world. They're the reason [he ran] for president—to make the world a better place for them and for all children."



*Sally Sampson is the author of 20 cookbooks and the founder and president of ChopChop Magazine.*

So when ChopChop went to the White House to shoot the Fall issue, there was a sense that we were not just going to the White House, we were going to a home, and as we would in anyone's home, we spent most of our time in its heart: the kitchen.

It was fun, it was relaxed and it was delicious—but feeding a family is also a serious business. The White House chefs were eager to share their food, their ideas and their passions. Take a look at their recipes and the beautiful photographs to see what I'm talking about. And to see if you agree that, when it comes to happy, healthy eating, this First Family really is number one. We were honored to be there, and we're honored to share the experience with you.

*Sally*

Sally Sampson

## VISIT

# ChopChop goes to the White House

ChopChop Magazine and a group of children from Harriet Tubman Elementary School went to the White House to spend some time with White House Executive Chef Cris Comerford and her team, including Assistant Chef Adam Collick, Executive Pastry Chef Bill Yosses and Assistant Pastry Chef Susie Morrison. They welcomed us into their kitchen and showed us some of their tricks. Read on and you'll see some of the yummy foods they cook for the Obamas.

These kids all go to Harriet Tubman Elementary School, which is named after the famous Civil War hero. She escaped from slavery herself to rescue dozens and dozens of slaves using a network of safe people and houses that came to be known as the Underground Railroad. Can you imagine the courage that took? You won't be surprised to hear that the school named after her has an extremely diverse student population!

### STUDY BREAK

Why isn't Bill Yosses baking? He's reading *ChopChop*, of course!



MICIYAH

JAMES

MARC ANTHONY

VIVIAN

TAINA



### IN THE GARDEN WITH CRIS

"Cris was putting chives on top of her lip, pretending it was a mustache. That is what made me laugh. It was fun to meet the White House chefs. It was very exciting and inspiring."—Taina

### WHITE HOUSE, GREEN PEAS

*"I learned that sugar snap peas have a zipper. If you pull the zipper down, the sugar snap will open!"—Vivian*



### KICKIN' IT ON THE FIRST LAWN

Team ChopChop ran into the Colorado Rapids soccer team, and they gave us some balls to kick around! *"I like soccer because it gives you exercise, you run around a lot, and it is very exciting."*—Taina



## The White House Garden

The chefs gave us a tour of the White House garden. They are growing just about everything you can think of, including spinach, cabbage, raspberries, blueberries, lettuce, broccoli, brussels sprouts, rhubarb, chard, kohlrabi, sugar snap peas, turnips and lots of different herbs. They even have a papaya tree. They use the fruits and vegetables to cook for the First Family and for state dinners but they also give a lot of it to local food banks. Take a good look and see if you can identify what they are growing.



### BASIL BOUQUET

*"It was exciting because I had an opportunity to walk around the White House and to meet most of the staff."*—Marc Anthony





**A-PEELING ASPARAGUS**

*"I never peeled an asparagus before, but I have seen them in the grocery store. Adam taught us not to peel it too skinny because it will be too soft."*—Miciyah



**THE WHITE HOUSE CHEFS ARE JUST LIKE US!**

Put it on a stick, and right away everyone wants to eat it. Here they are threading strawberries, grapes, melon balls, and mango and apple chunks on wooden skewers to make fruity kabobs for a fun and refreshing (and healthy!) snack.

**CRIS COMERFORD**

Cris (her full name is Cristeta) is the White House Executive Chef, which means that she's in charge of all the meals and menu-planning for President Obama, his family and their guests. She's the first woman to ever have that job! Also, the first person of Filipino descent. Cris grew up in Manila, in the Philippines. She once appeared on the Iron Chef TV show—and won!

**BILL YOSSES**

Bill is the Executive Pastry Chef, which means that he's in charge of dessert at the White House. President Obama calls him the "Crustmaster" because of his amazing pies! He works hard to make treats that are delicious, but also healthy (that's what the Obamas have asked him to do)—and luckily it's a challenge that he loves.

**ADAM COLLICK**

Adam is an Assistant Chef who has been working in the White House kitchens since President Reagan lived in the White House—that's over 20 years! He's no stranger to well-grown vegetables, since his grandfather was a farmer. Outside of work, he's a competitive body-builder and bike-rider. He has also hosted a student from Norway.

**SUSIE MORRISON**

Susie is the Assistant Pastry Chef and spends her days in the White House baking cookies, pies, cakes, and pastries. She's been working with food since she was 15—and she's been in the White House since 1995! She's a vegetarian and way into fitness—she likes to bike the 12 miles to work whenever she can.

## StrawBerry Banana Smoothie

Put a cool, fruity smoothie in your thermos, and if you don't drink it up for breakfast, you'll be psyched for it at snack or lunchtime. Just give it a shake before drinking, to make sure all the ingredients are blended.

Recipe by Bill Yosses.

ADULT: YES  
HANDS-ON TIME: 15 MINUTES  
TOTAL TIME: 15 MINUTES  
MAKES: 2 SERVINGS

### KITCHEN GEAR

Blender (adult needed)  
Knife (adult needed)  
Cutting board

### INGREDIENTS

- 1 cup plain low-fat yogurt
- 1 overripe banana, sliced (if you plan ahead, freeze the peeled banana before making the smoothie!)
- 6 strawberries, hulled
- 1 tablespoon orange juice concentrate (from a frozen can)
- 3 tablespoons water
- 2 teaspoons honey

### INSTRUCTIONS

1. Put the yogurt, banana, strawberries, orange juice concentrate, water and honey in the blender. Put the top on tightly.
2. With the help of your adult, turn the blender to medium and blend until the mixture is very smooth.
3. Serve right away, store in a thermos or refrigerate up to 4 hours.

"Hulled" means to remove the stem and core of a fruit.



**BLEND IT LIKE BECKHAM!**  
Jaire gives smoothie-making a whirl!

## BILL YOSSES EXECUTIVE PASTRY CHEF

**Q:** What was your favorite food to find in your lunchbox as a kid?  
**A:** PB and J sandwich.

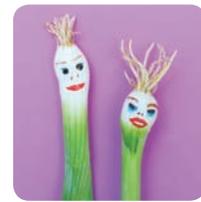
**Q:** What's the first food you remember preparing as a kid?  
**A:** Brownies.

**Q:** What's something healthy you used to dislike but now don't?  
**A:** Beets (roasted with lots of pepper).

**Q:** What's your favorite fruit and vegetable?  
**A:** Ripe mango. Avocado.

**Q:** What would you get if you were in a convenience store and wanted a healthy snack?  
**A:** Powerbar.

**Q:** What's the strangest thing you've ever eaten?  
**A:** Bugs.



- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the counter top with a sponge.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.



### KITCHEN GEAR

8- x 4-inch metal or glass loaf pan  
Measuring cup  
Measuring spoons  
Small mixing bowl  
Whisk  
Can opener  
Large mixing bowl  
Large spoon  
Electric mixer (if you have one)  
Toothpick  
Cooling rack

Toast seeds in a small, dry skillet over low heat for a minute or two, until you can just smell them.

### INGREDIENTS

- Cooking spray (or vegetable oil)
- 1 cup whole-wheat flour
- ½ cup all-purpose white flour
- 2 tablespoons toasted sesame seeds or flaxseed (if you like seeds)
- 1½ teaspoons baking powder
- ½ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ¼ teaspoon salt
- ¾ cup (½ 16-ounce can) canned pumpkin (not pie filling)
- 6 tablespoons canola oil
- ½ cup honey
- 3 tablespoons dark brown sugar
- 2 large eggs
- 3 tablespoons raisins
- 3 tablespoons dried cherries (or use more raisins)

## Pumpkin Loaf With Raisins and Dried Cherries

Here's a recipe for a sweet and wholesome quick bread that's the perfect treat to pack in a lunchbox. Recipe by Bill Yosses.

ADULT: YES | HANDS-ON TIME: 25 MINUTES | TOTAL TIME: 1 HOUR 20 MINUTES | MAKES: 12 SERVINGS



**PUMPKIN EATERS**  
Omar and Rida whip up a healthy sweet bread to squash their hunger.

### INSTRUCTIONS

1. With the help of your adult, turn the oven on and set it to 350 degrees. Spray the loaf pan with cooking spray (or grease it with oil).
2. Put the flours, seeds, baking powder, allspice, cinnamon, nutmeg, cloves and salt in the small bowl and use the whisk to mix well. Set aside.
3. Put the pumpkin, oil, honey, brown sugar and eggs in the large bowl and use the mixer or a spoon to combine until well blended.
4. Pour in the dry ingredients and mix well.
5. Add the dried fruits and mix well.
6. Pour the batter into the prepared pan. With the help of your adult, put the pan in the oven and bake until a toothpick, when you stick it into the loaf, comes out clean with no batter on it, 50-55 minutes.
7. Set aside to cool in the pan. Turn the loaf out onto the cooling rack and let cool completely. Cover and leave at room temperature for up to 3 days.

## Parmesan Yogurt Dip With Carrots

Zesty dip turns carrots into something special. Of course, if you run out of carrots, you could use another favorite vegetable. Greek yogurt is thicker than regular yogurt, which is why Adam uses it here; you can get it at most supermarkets. **Recipe by Adam Collick.**

ADULT: YES (TO MINCE THE GARLIC) | HANDS-ON TIME: 10 MINUTES | TOTAL TIME: 10 MINUTES | MAKES: 8 SERVINGS

### KITCHEN GEAR

Cutting board  
Sharp knife (adult needed)  
Zester or grater  
Measuring cup  
Bowl  
Mixing spoon

### INGREDIENTS

2 cups plain low-fat Greek yogurt  
1 small garlic clove, peeled and minced  
Juice and grated zest of 1 small scrubbed lemon or 3 - 4 tablespoons lemon juice  
½ cup grated Parmesan cheese  
Salt and pepper to taste  
1 bunch (or bag) baby carrots

### INSTRUCTIONS

- Put the yogurt, garlic, lemon zest and juice and Parmesan cheese in the bowl and mix well.
- Add salt and pepper until it tastes the way you like it. Dip the carrots in and enjoy!



**BIG DIPPER**  
Zach whisks up huge flavor for tiny carrots.

"Minced" means finely chopped.

### ADAM COLLICK ASSISTANT CHEF

**Q:** What was your favorite food to find in your lunchbox as a kid?  
**A:** Peanut Butter and Jelly!  
**Q:** What's the first food you remember preparing as a kid?  
**A:** Homemade mac and cheese.

**Q:** What's something healthy you used to dislike but now don't?  
**A:** Fish.  
**Q:** What's your favorite fruit and vegetable?  
**A:** Watermelon. Brussels sprouts.

**Q:** What would you get if you were in a convenience store and wanted a healthy snack?  
**A:** Plantain chips.  
**Q:** What's the strangest thing you've ever eaten?  
**A:** Calf's tongue.

## Orange Cranberry Seltzer

Hot and tired when you get home from school? Make yourself a refreshing fizzy juice drink, then cool down and relax. **Recipe by Adam Collick.**

ADULT: YES (TO CUT THE LIME) | HANDS-ON TIME: 5 MINUTES | TOTAL TIME: 5 MINUTES | MAKES: 4 SERVINGS



- WASH** your hands with soap and water and dry them.
- CLEAN** the counter top with a sponge.
- GATHER** all your kitchen gear and ingredients and put them on the counter.
- SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.
- PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

### KITCHEN GEAR

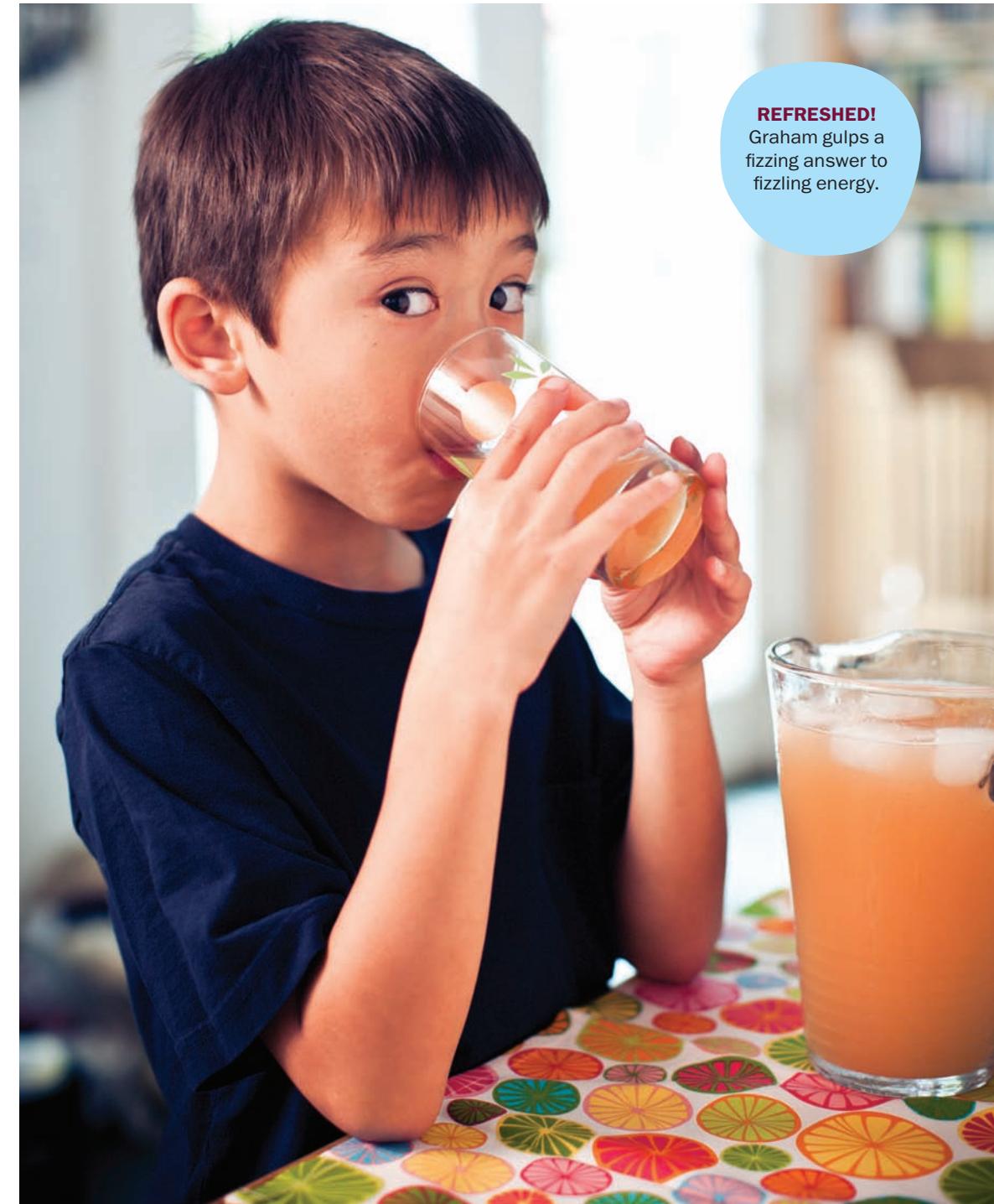
Cutting board  
Sharp knife (adult needed)  
Zester or grater  
Measuring cup  
Bowl  
Mixing spoon

### INGREDIENTS

3 cups unflavored seltzer  
½ cup orange juice  
½ cup cranberry juice (the kind that's all juice, not the kind labeled "cocktail")  
1 lime, cut into 4 wedges

### INSTRUCTIONS

- Put the seltzer in the pitcher, add the orange and cranberry juices and stir well.
- Pour into 4 tall glasses and add 1 lime wedge to each. Serve right away.



**REFRESHED!**  
Graham gulps a fizzing answer to fizzling energy.

# Lemony Hummus

This lemony hummus is protein-packed and easy to make, and it's an ingredient in two of the other recipes—but you could also just pack it up in your lunchbox with some raw veggies and whole-grain crackers for dipping. **Recipe by Cris Comerford.**

ADULT: YES | HANDS-ON TIME: 15 MINUTES | TOTAL TIME: 1 HOUR 15 MINUTES | MAKES: 1 CUP

## KITCHEN GEAR

- Colander
- Food processor (adult needed)
- Measuring spoons
- Sharp knife (adult needed)
- Citrus grater or zester

## INGREDIENTS

- 16-ounce can chickpeas, drained in a colander and rinsed with cold water
- 1 garlic clove, peeled
- 2 tablespoons olive oil
- Juice and grated zest of 1 scrubbed lemon or ¼ cup lemon juice
- 3 tablespoons cold water
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon harissa (if you like harissa)

## INSTRUCTIONS

- With the help of your adult, carefully put the steel blade in the food processor. Add the chickpeas and garlic and turn the processor on. Process until the beans start to break apart and the garlic gets chopped.
- Add the oil and lemon juice and zest and process again. Add the water, 1 tablespoon at a time, until the hummus reaches the consistency you like. Add the salt and pepper (and harissa) and process until completely smooth.
- Cover and refrigerate at least 1 hour and up to 3 days.

## Fancy That!

Cris likes to add 1 teaspoon harissa for some kick. Harissa is a very spicy chili paste from North Africa. You can sometimes find it in a tube in the international-foods section of the supermarket.



**HUMMUS AMONG US**  
Omar zings up his dip with fresh lemon juice.



- WASH your hands with soap and water and dry them.
- CLEAN the counter top with a sponge.
- GATHER all your kitchen gear and ingredients and put them on the counter.
- SCRUB all the fruits and vegetables and lay them out on a dish towel to dry.
- PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

# Turkey Wrap

## With Lemony Hummus and Cheese

Why is a wrap more fun than a sandwich? We don't know, but it sure is. Lavash is a Middle-Eastern flat bread that is often topped with sesame seeds. Multi-grain tortillas are a perfect substitute. **Recipe by Cris Comerford.**

ADULT: YES | HANDS-ON TIME: 15 MINUTES | TOTAL TIME: 15 MINUTES | MAKES: 2 SERVINGS

## KITCHEN GEAR

- Teaspoon
- Measuring spoons
- Sharp knife (adult needed)
- Cutting board

## INGREDIENTS

- 2 multi-grain lavash or 8-inch tortillas
- 2 tablespoons Lemony Hummus (left)
- 4 slices roasted or smoked turkey breast
- 2 romaine lettuce leaves
- 2 tomato slices
- 2 slices cheddar cheese or 2 tablespoons crumbled feta cheese (or whatever kind of cheese you like best!)

## INSTRUCTIONS

- Lay out the wraps on your clean work surface.
- Use the teaspoon to spread 1 tablespoon hummus on each wrap and top each with 2 slices turkey, 1 romaine leaf, 1 tomato slice and 1 cheese slice, making a line of filling down the middle with a little room at the top and bottom.
- Roll up each wrap, then wrap with foil, wax paper, or parchment paper. Serve right away.

## HOW TO WRAP:

Fold an inch of the top of the wrap down over the filling, then fold an inch of the bottom up over it. Starting with one side, roll the wrap up tightly into a log.



**THAT'S A WRAP!**  
Omar's healthy lunch contains all 5 food groups!

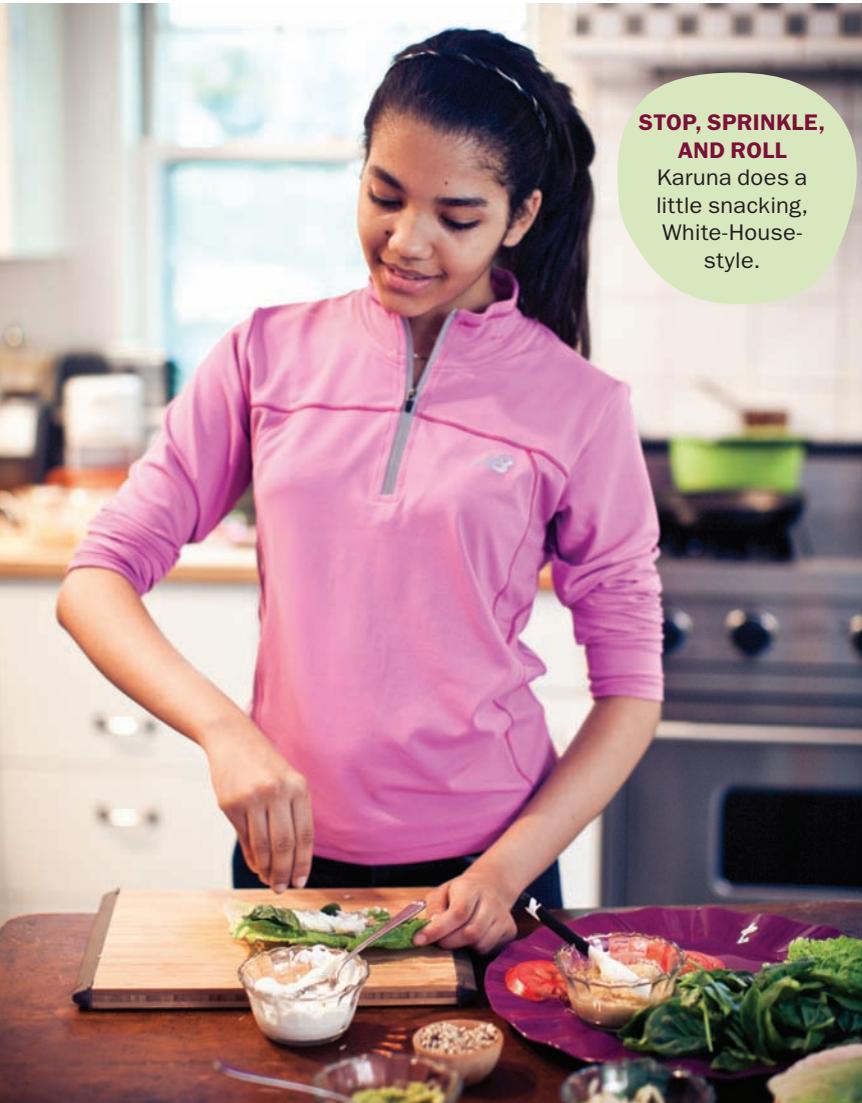
## CRIS COMERFORD EXECUTIVE CHEF

- Q:** What was your favorite food to find in your lunchbox as a kid?  
**A:** I grew up in the Philippines, and my nanny would bring me a hot freshly cooked lunch. My favorite was steamed jasmine rice and chicken Adobo and mangoes.
- Q:** What's the first food you remember preparing as a kid?  
**A:** Wrapping these tiny vegetable wraps called *lumpianitas*. They were good!!!
- Q:** What's something healthy you used to dislike but now don't?  
**A:** Broccoli and spinach were not favorites—and now, I LOVE, LOVE, LOVE THEM!!!
- Q:** What's your favorite fruit and vegetable?  
**A:** Mangoes, papayas, guavas, blueberries. Bok choy, shiitake mushrooms, collard greens.
- Q:** What would you get if you were in a convenience store and wanted a healthy snack?  
**A:** Different types of nuts, like almonds or pistachios.
- Q:** What's the strangest thing you've ever eaten?  
**A:** Sea cucumber, when I was in China.

# Romaine Lettuce Roll-Ups

When Susie is low on energy, she uses Cris's hummus to make one of these salad-y roll-ups and then she is ready to rock. **Recipe by Susie Morrison.**

ADULT: NO | HANDS-ON TIME: 10 MINUTES | TOTAL TIME: 10 MINUTES | MAKES: 1 ROLL-UP



**STOP, SPRINKLE, AND ROLL**

Karuna does a little snacking, White-House-style.

**KITCHEN GEAR**

- Measuring spoons
- Teaspoon
- Cutting board

**INGREDIENTS**

- 1 large romaine lettuce leaf, washed and dried
- 1 tablespoon Lemony Hummus (page 16)
- 4 spinach leaves, washed and dried
- 1 tablespoon plain low-fat Greek yogurt
- 2 teaspoons lightly toasted sunflower or pumpkin seeds (see page 30)
- 2 thin tomato slices
- 1 tablespoon avocado or guacamole
- 1 tablespoon cooked and cooled (or leftover) brown rice or quinoa

**INSTRUCTIONS**

- Put the romaine leaf on the cutting board. Use the teaspoon to spread the hummus on the leaf.
- Put the spinach on top of the hummus.
- Use the teaspoon to spread the yogurt over the spinach, then sprinkle with the seeds.
- Add the tomato slices, then top with the avocado or guacamole.
- Sprinkle the brown rice on top of the avocado.
- Roll up the romaine leaf as tightly as possible. Serve right away.



- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the counter top with a sponge.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

**SUSIE MORRISON ASSISTANT PASTRY CHEF**

**Q:** What was your favorite food to find in your lunchbox as a kid?

**A:** Red and green grapes or strawberries.

**Q:** What's the first food you remember preparing as a kid?

**A:** Vegetable stew with mashed potatoes.

**Q:** What's something healthy you used to dislike but now don't?

**A:** Sautéed plain collard greens or kale with pan-seared tofu.

**Q:** What's your favorite fruit and vegetable?

**A:** Mangoes and cherries. Broccoli.

**Q:** What would you get if you were in a convenience store and wanted a healthy snack?

**A:** A container of fresh grapefruit with nonfat yogurt.

**Q:** What's the strangest thing you've ever eaten?

**A:** Escargots (snails).

# Carrot Apple Soup

The apple in this simple, scrumptious soup will make the sweet carrots and onions even sweeter. These are all fall ingredients—which makes this the perfect back-to-school lunch.

ADULT: YES | HANDS-ON TIME: 35 MINUTES | TOTAL TIME: 2 HOURS | MAKES: 4 SERVINGS



**SWEET SPOONFULS**

Lauren and Jaire enjoy some warming fall goodness.

**KITCHEN GEAR**

- Cutting board
- Sharp knife (adult needed)
- Measuring spoons
- Pot with cover
- Slotted spoon
- Measuring cup
- Blender or food processor (adult needed)

**INGREDIENTS**

- 1 tablespoon olive or canola oil
- 1 medium onion, peeled and chopped
- 2 pounds carrots, peeled and sliced
- 1 apple, peeled (if you like), cored and chopped
- 8 cups chicken or vegetable stock
- ½ cup Greek or plain low-fat yogurt (if you want to make it "creamy")

**INSTRUCTIONS**

- With the help of your adult, put the soup pot on the stove and turn the heat to medium. When the pot is hot, carefully add the oil.
- With the help of your adult, add the onion, carrots and apple and cook, covered, until the vegetables are beginning to soften, about 15 minutes. Use the the slotted spoon to stir them occasionally while they cook.
- With the help of your adult, raise the heat to high, add the chicken or vegetable stock and bring to a boil. Reduce the heat to low, and cook until the carrots are completely tender, about 20 minutes. Set aside to cool for 20 minutes.
- With the help of your adult, use a slotted spoon to remove the solids, and put in the blender or food processor. Process until smooth. Add the yogurt, if you like, and process again, then stir this mixture back into the soup in the pot.
- Serve right away or cover and refrigerate up to 3 days.